

RESISTANCE DEVICES, TOTAL-BODY EXERCISE MACHINES
OUTFITTED THEREWITH, AND EXERCISE METHODS USING SUCH DEVICES
AND MACHINES

ABSTRACT

An exercise reel comprising an elongated tension member having first and second ends, a user engagement connected to the elongated tension member first end for engaging a body appendage, a spool connected to the elongated tension member second end and on which the elongated tension member is adapted to be wound, a resistance mechanism comprising a rotatable disk and a pair of calipers for engaging the rotatable disk for resisting unwinding of the spool, and a retraction mechanism for automatically rewinding the spool. One aspect of the invention comprises an exercise machine comprising at least one exercise reel of the invention, preferably an aerobic leg exercise machine wherein the exercise reel comprises an arm exercise reel for providing resistance to the user's natural forward arm swing. Exercise machines comprising other types of resistance devices for providing resistance to the natural forward arm swing are also claimed. Other aspects of the invention comprise freestanding exercise devices incorporating the exercise reels and methods of exercising.